



HEALTHY FOODS AND HELPFUL ADVICE.
THAT'S WHAT WIC IS ALL ABOUT.

HEALTHY FOODS FOR MOMS AND LITTLE ONES, FOR A HEALTHY START ON LIFE.

IF YOU:

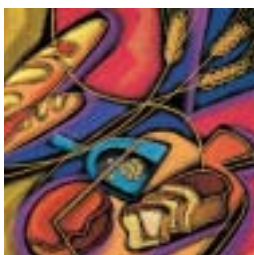
- are pregnant
- have had a baby in the past six months
- are breastfeeding your baby under 12 months of age
- have an infant under age 5
- have children



You need to know about WIC, a program to make sure Women, Infants and Children get the healthy foods and helpful advice they need for good nutrition.

IF YOU'RE ELIGIBLE FOR WIC, YOU WILL RECEIVE AT NO COST:

- a monthly package of delicious, nutritious foods
- valuable tips on healthy eating
- health care referrals
- breastfeeding support



TO BE ELIGIBLE, YOU MUST:

- be a resident of Mississippi
- have a nutritional need (risk)
- meet WIC income guidelines



Nutritional need (risk) is based on your height and weight, a blood test for low iron, your health

history and diet patterns.

Income guidelines vary, depending on how many people live in your household. You can receive WIC if your household income is less than or equal to the amounts shown in the chart below*.

- Many working people qualify — bring a recent check stub for every member of your household who is employed.



- If you receive TANF, Food Stamps or Medicaid, you automatically meet WIC income guidelines. Be sure to bring your card.
- Fathers, guardians or foster parents may apply for WIC for their children with proof of income.



Call your nearest WIC office, local Health Department or other clinic. Have your social security number and birth dates for you and your children ready.



Get WIC. It's worth it!

- Statewide, toll-free 1-800-721-7222

MOMS AND BABIES WELCOME HERE!
CALL US TO GET STARTED.

Family size	If family income no more than		
	Per year	Per month	Per week
1	\$16,391	\$1,366	\$316
2	\$22,089	\$1,841	\$425
3	\$27,787	\$2,316	\$535
4	\$33,485	\$2,791	\$644
5	\$39,183	\$3,266	\$754
6	\$44,881	\$3,741	\$864
7	\$50,579	\$4,215	\$973
8	\$56,277	\$4,690	\$1,083
each additional family member	+\$5,698	+\$475	+\$110

You can receive WIC if your household income is less than or equal to the amounts shown in this chart.
*Income guidelines are subject to change.
Check to make sure these levels still apply.

GET WIC. IT'S WORTH IT!

Valuable nutrition education to improve your health plus these delicious foods — all at no cost.

- milk
- juice
- infant formula
- cheese
- eggs
- cereal
- dried beans and peas
- peanut butter
- infant cereal
- tuna and carrots
(breastfeeding women only)



MISSISSIPPI STATE DEPARTMENT OF HEALTH

*In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. (Not all prohibited bases apply to all programs.)

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March 2001, Reprinted July 2001, May 2002 #5216